

Based at the Langstone Cliff Hotel

4 Mount Pleasant Road
Dawlish Warren
Devon EX7 0NA



Why not join us for our Summer and Winter Specials priced at £79 per person to include any treatment, a full afternoon tea, use of the pools from 9am - 6pm, and a complimentary gift hidden in your Spa bag!

For our full list of treatments and current special offer, including how to book online, scan the QR code below or call/text/WhatsApp Jen on 07340 722979
jgtherapy1@outlook.com



Opening hours

Tuesday 09:00 - 18:30

Wednesday 09:00 - 18:30

Thursday 09:00 - 18:30

Friday 09:00 - 18:30

Saturday 09:00 - 18:30

For later or a Sunday appointment, please book

JG THERAPY

Massage and Wellbeing Practitioner

Since
2007



Bespoke Massage

A combination of some or all of the below and overleaf techniques to create a truly unique treatment tailored specifically to your needs.

Deep Tissue Massage

Combining elbows, knuckles and notable finger pressure to release the tension and tightness held deeply in the muscles and connective tissues.

Hot Stone Massage

Using volcanic rocks, heat helps to break down knots and tension, working deeper in to the muscles. This is a very effective method of massage.

Lymphatic Drainage Massage

A gentle technique, encouraging the movement of lymph fluids around the body which can become sluggish. Resulting in fluid build up that may be unsightly, painful and hard to disperse.

Trigger Point Therapy

This technique aims to release a localised, hyperirritable spot using pressure, stretching, and massage strokes.

Reflexology

This powerful holistic therapy offers a wide range of benefits for the body and mind. From stress reduction and pain relief, to improved digestion and enhanced overall well-being, the healing power of reflexology is truly remarkable. If you're looking for a natural and effective way to enhance your health and vitality, consider this treatment.. Your body and mind will thank you for it.

Warm Candle Swedish Massage

This type of massage uses the oils of specially formulated massage candles that are made from natural ingredients such as beeswax, and essential oils. The candles are warmed and then slowly dripped onto the body allowing for a deeply relaxing and therapeutic experience.

Aromatherapy Massage

Essential oils are readily absorbed into the body via the skin and lungs. And are believed to affect the body on all levels – physically, mentally and even emotionally/spiritually. With over 100 oils, the choice is yours!

All treatments are suited for both Men and Women and are priced at £55 for 60-minutes, £75 for 90-minutes, and £95 for 120-minutes

The Moroccan Jardin Mille Rose Massage

Meaning a thousand garden roses in French. Concentrating on reducing stress in the back, neck, shoulders and Scalp, this Massage uses essential oils, Rose Water, Orange Blossom and Argon Oil to awaken the senses as well as relax the body and mind.

With the involvement of hot stones and the adaption of any manual pressure, this treatment is perfect for desk workers, migraine sufferers and anyone carrying stress or tension in their shoulders!

Revitalising Moroccan Facial

Brighten the skin's appearance with this Anti-ageing and lymphatic drainage facial. Nectar of Precious Oils and massage see expression lines relax, and facial contours toned. A facial complimented by Cactéa products to ensure long lasting results. An exclusive treatment that immediately lifts and revitalises the skin.

CND Shellac Manicure/Pedicure £35

CND Shellac Manicure AND Pedicure £60